



## Full Report (All Nutrients) 19087, Candies, white chocolate

Report Date: June 26, 2017 17:08 EDT

Nutrient values and weights are for edible portion

## Food Group : Sweets

## **Common Name: confectioner's coating**

**Carbohydrate Factor: 3.9    Fat Factor: 8.8    Protein Factor: 4.3    Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar (3 oz) 85g	1 tbsp 14g	1 cup chips 170g
Vitamin C, total ascorbic acid	mg	0.5	3	--	0.4	0.1	0.8
Thiamin	mg	0.063	3	--	0.054	0.009	0.107
Riboflavin	mg	0.282	3	--	0.240	0.039	0.479
Niacin	mg	0.745	3	--	0.633	0.104	1.266
Pantothenic acid	mg	0.608	3	--	0.517	0.085	1.034
Vitamin B-6	mg	0.056	3	--	0.048	0.008	0.095
Folate, total	µg	7	--	--	6	1	12
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	7	--	--	6	1	12
Folate, DFE	µg	7	--	--	6	1	12
Choline, total	mg	29.5	--	--	25.1	4.1	50.1
Vitamin B-12	µg	0.56	--	--	0.48	0.08	0.95
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	9	--	--	8	1	15
Retinol	µg	9	--	--	8	1	15
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	30	--	--	26	4	51
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.96	--	--	0.82	0.13	1.63
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	9.1	--	--	7.7	1.3	15.5
<b>Lipids</b>							
Fatty acids, total saturated	g	19.412	2	--	16.500	2.718	33.000
4:0	g	0.314	2	--	0.267	0.044	0.534
6:0	g	0.155	2	--	0.132	0.022	0.264
8:0	g	0.115	2	--	0.098	0.016	0.196
10:0	g	0.220	2	--	0.187	0.031	0.374
12:0	g	0.629	2	--	0.535	0.088	1.069

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar (3 oz) 85g	1 tbsp 14g	1 cup chips 170g
14:0	g	0.797	2	--	0.677	0.112	1.355
16:0	g	7.947	2	--	6.755	1.113	13.510
18:0	g	9.145	2	--	7.773	1.280	15.546
20:0	g	0.004	--	--	0.003	0.001	0.007
Fatty acids, total monounsaturated	g	9.097	2	--	7.732	1.274	15.465
16:1 undifferentiated	g	0.062	2	--	0.053	0.009	0.105
18:1 undifferentiated	g	8.990	2	--	7.641	1.259	15.283
20:1	g	0.000	2	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.013	2	--	0.861	0.142	1.722
18:2 undifferentiated	g	0.910	2	--	0.774	0.127	1.547
18:3 undifferentiated	g	0.103	2	--	0.088	0.014	0.175
18:4	g	0.000	2	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	2	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	2	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	2	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	21	2	--	18	3	36
<b>Amino Acids</b>							
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0